

Lectio Divina



A way of reading the bible, where the 'word' is received as a gift through which we encounter God. Like a tasty meal where every morsel is savoured and digested so that the 'word' becomes part of us, then blesses and sustains us. It can be done as an individual or as a group.

Reading

- Slowly read the passage, pondering each word and phrase.
- Imagine the sights, smells and sounds contained within it.
- Is there a particular word, phrase, feeling or thought that you notice? It might touch you, puzzle you, disturb you even.

Reflecting

- Ponder your word, phrase or thought for a few minutes.
- Rest with it for a while.
- What might it be saying to you, offering you, demanding of you?

Responding

- In prayer express to God your response to the passage, this could be thanksgiving, lament, praise or questioning. You might want to write your thoughts down in a journal or discuss them if you are in a group.

Resting

- Spend some time in silence and simply sit in openness to the presence of God, like the silent communion between a mother and her sleeping infant where communication passes beyond words.

